

28th Annual World Taijiquan & Qigong Day

太極拳

One World



氣功

One Breath

Saturday, April 25, 2026

10:30am - 12:30pm

DIXON

GALLERY & GARDENS

4339 Park Ave, Memphis, TN

Free admission

*Enjoy a beautiful setting and be part of the
28th annual global relay of*

*Taijiquan (太極拳, pronounced 'tie jee chuen' and also transcribed: "T'ai Chi Ch'uan") and
Qigong (氣功, pronounced 'chee gohng' and also transcribed "Ch'i Kung") practice.*

no experience required

Welcome & Introductions
Group Warmup & Stretching
Sample Classes led by local instructors
Presentations and Demonstrations

www.WorldTaiChiDay.org



太極拳



World Taijiquan & Qigong Day

世界太極拳與氣功日



氣功

The twenty-eighth annual global relay of Taijiquan and Qigong practice will unfold across the planet on **Saturday, April 25, 2026**. Beginning in New Zealand, this event will spread time zone by time zone around the globe and will be celebrated in hundreds of cities in over 80 nations spanning six continents. While spectacular, this is a relay that promotes peace, calmness and wellness worldwide. Experience the benefits of these traditional Chinese practices and learn about classes offered by local instructors.

Memphis Location: Dixon Gallery & Gardens (4339 Park Ave)

- **Welcome & Introductions at 10:30am**
- **Group Warmup & Stretching (led by host)**
- **Sample Classes (two or three 15-20 minute sessions led by local instructors)**
- **Presentations and Demonstrations by local instructors/groups**
- **Expressions of Gratitude (finish at 12:30pm)**

Taijiquan (pronounced *TIE JEE CHWEN* and also transcribed “T’ai Chi Ch’uan”) and Qigong (pronounced *CHEE GOHNG* and also transcribed “Ch’i Kung”) are the result of many centuries of experience and are growing in popularity worldwide. Modern research has shown them to reduce anxiety, depression and chronic pain. They boost the immune system, improve respiratory function, burn calories, dramatically improve balance, provide cardiovascular benefits, improve focus, concentration and awareness, and are powerful stress management tools. **For more information: ymaamemphis@yahoo.com**